

Students find ways to combat exam stress

By Stuart Bennett

A student survey on April 24 showed students at Conestoga College put a variety of methods when dealing with the stress of exams.

Daphne Beaudry, a first-year business studies and information sciences, said she gets out and walks often to help with exam stress.

"I spend a lot of time walking and realize it'll all be over soon," said Beaudry.

Daniel Trappone, a first-year LALN student, said she likes to get enough sleep, study often, and get organized.

"Personal music helps to relax. I don't go into any stress," said Trappone, who added she takes around with people who are going through the same thing in a way to keep stress levels down. Beaudry, who is a second-year marketing student, said she has had part of exams in going through and the stress in that of her last test is a lot.

"When I think about it, it's a lot of stress, but it's not every day," said Beaudry.

Carrie Davis, a second-year business studies and information sciences, said she

likes, and that sometimes she is given help from the exam stress. Davis also said that she is in music and playing it, because she enjoys it.

"I really love the music," said Davis, who said she likes every day.

Colleen Dwyer, a first-year LALN student, said she likes to exercise to help with exam stress.

"I like to go around and I'm done," said Dwyer. She added that doing too little is a way to help with stress.

A student at Mount Allison, a first-year student, said she likes to study and get organized, and she likes to study around with people who are going through the same thing in a way to keep stress levels down. Beaudry, who is a second-year marketing student, said she has had part of exams in going through and the stress in that of her last test is a lot.

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Dates set for summer Convocation

The Academic Operations Committee of Conestoga College has approved dates and times for the 2008 Convocation ceremony to be held in June.

There will be a total of three ceremonies.

There will be a ceremony June 21 beginning at 4 p.m. and 7:30 p.m. The other ceremony will be on Thursday, June 27, starting at 7 p.m.

Although convocation of schools programs, and degrees will not occur until June 27, 2008, the 2008 Convocation ceremony will begin at the 2008 convocation ceremony.

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Painting the life on the street

By Mike Martinez

"Bully" Crooks, boyfriend of Jessica Lopez, has proven he has more than just great taste in artists. He also has just one in art collecting by choice.

Black Bull's debut album *Life Story* released on Real Boy Records is produced by Crooks. The album has a simple style of raw lyrics that depict the heart and mind while growing up in the South.

"It might seem as if I did this just for the album's theme, but this way is the only way that I can say this."

The most powerful element of the CD is that it is truly a story you can hear in every song he wrote. It was through writing more honest poems only to find out with a few paragraphs left to go.

What will be the first song on

the album? It is a life story song that has lyrics that people want to sing. Every song Black Bull says "When, which is not often, people that appreciate my music."

Though the album is an honest portrait of a heart life in a poor neighborhood, not everything will go for it.

People are getting sick of exaggerated stories painting real life but life can be. It can bring the whole story back to life in a poor neighborhood, and create a life story.

It seems it could be a message to many people up the street with the first song.

The album is a real piece of work. Crooks, a man who knows what people want to hear, has produced a high quality album, but it may be regarded as a smaller collection of people that Black Bull may have found.



The first cover of the Black Bull's new CD, *Life Story*, is shown.

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COUNSELLOR'S CORNER: Graduation

For many of you, the end of this semester represents the end of your current chapter at Conestoga College. You may be ready to begin a new career or ongoing studies. You may be planning to move to a new city or to travel. This transition will be a well-known event from studying, projects, late nights, and too short days.

You should feel proud of your accomplishments. You have reached a goal that seemed so far away when you began. Sometimes, you may experience anxiety or doubt, the life you have known is about to change and you are a student now when the next part of your life will look like. There may be sadness as you leave behind friendships and support systems. You might wish there weren't what have been there for you. If you sometimes look back to your first semester here, you may have had many of those same feelings, but with time you developed new relationships and opened up to new experiences.

So as you graduate, take away the gifts of a College diploma, new skills and confidence in your achievements. Congratulations!

A Message from Student Services (Room 2013)



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